



# CW Resources Senior Community Café

# JANUARY, 2017

1% or Skim milk provided

Margarine available




**\*High Salt**

**+High Sugar**

**++High Fat**

## MENU ITEMS SUBJECT TO CHANGE

## \$3.00 SUGGESTED DONATION

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p><b>Closed</b> <b>New Year's Day</b></p> 	<p>3</p> <p>Pineapple Juice Lazy Man's Stuffed Peppers Brown Rice Broccoli</p> <p>Wheat Bread</p> <p>Pudding+</p>	<p>4</p> <p><b>Winter Picnic</b></p> <p>Hot Dog* Baked Beans* Braised Red Cabbage Mustard</p>  <p>Hot Dog Bun</p> <p>Pineapple Chunks</p>	<p>5</p> <p>Orange Juice Eggplant Rolatini Ziti with Sauce Garden Salad Italian Dressing*</p> <p>Garlic Bread* <b>Happy Birthday</b> Birthday Cake+</p>	<p>6</p>
<p>9</p> <p>Open Faced Turkey Sandwich * with Turkey Gravy Stuffing Butternut Squash Cranberry Sauce+</p> <p>Potato Bread</p> <p>Mixed Fruit Cup</p>	<p>10</p> <p>Chicken Fajita with Peppers and Onions Rice with Black Beans Fiesta Corn</p> <p>Tortilla</p> <p>Banana</p>	<p>11</p> <p>Cream of Broccoli Soup Unsalted Crackers Baked Fish with White Sauce Buttered, Parslied Noodles Mixed Vegetables</p> <p>Rye Bread</p> <p>Fresh Orange</p>	<p>12</p> <p>Roast Beef Beef Gravy Baked Potato Peas and Pearl Onions</p> <p>12 Grain Bread</p> <p>Pudding</p>	<p>13</p> <p><i>Please call the kitchen phone TWO days in advance to make a reservation: 203-775-5237</i></p>
<p>16</p>  <p><b>CLOSED</b></p>	<p>17</p> <p>Orange Juice Chicken Jambalaya Wild Rice Spinach with Sauteed Onions</p> <p>Corn Muffin</p> <p>Banana Parfait+</p>	<p>18</p> <p>Orange Juice Spaghetti with Meatballs Parmesan Cheese+ Romaine Salad Ranch Dressing</p> <p>Garlic Bread*</p> <p>Pears</p>	<p>19</p> <p>Pea Soup Unsalted Crackers Baked Codfish Steak Fries Green Beans Tartar Sauce++</p> <p>Hamburger Bun</p> <p>Fresh Orange</p>	<p>20</p>
<p>23</p> <p>Cranberry Juice Fish Wedge Waffle Fries Coleslaw Tartar Sauce++</p> <p>Potato Bread</p> <p>Brownie+</p>	<p>24</p> <p>Grape Juice Lasagna Rolette Marinara Sauce Peas 3 Bean Salad</p> <p>Italian Bread</p> <p>Applesauce</p>	<p>25</p> <p>Italian Wedding Soup Unsalted Crackers Chicken Bruschetta Brown Rice Geneva Blend Veggies</p> <p>100% W.W. Bread</p> <p>Peaches</p>	<p>26</p> <p>Meatloaf Onion Gravy Buttered Noodles Beets*</p> <p>Rye Bread</p> <p>Pineapple Chunks</p>	<p>27</p>
<p>30</p> <p>Cranberry Juice Orange Chicken with Orange Ginger Sauce Fried Rice Broccoli</p> <p>Oatmeal Bread</p> <p>Tapioca Pudding+</p>	<p>31</p> <p>Butternut Squash Soup Unsalted Crackers Philly Cheesesteak* Onions and Peppers Coleslaw</p> <p>W.W. Hamburger Bun</p> <p>Fresh Orange</p>	<p><b>A HAPPY NEW YEAR</b></p>		